

Support your kids with these simple steps to good health

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Eat at least 5 fruits and vegetables every day.

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Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.

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Get 1 hour or more of physical activity every day.

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Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.



Online Resources

Meal plans & recommended serving sizes
www.iowadnr.gov

Cost savings, simple family meal recipes
www.extension.iastate.edu/foodsavings

Creative ways to eat more fruits & veggies
www.fruitsandveggiesmorematters.org

Food Assistance Programs
<http://www.idph.state.ia.us/wic>

Healthy Programs at your local Y
<http://www.ymca.net/>

Outdoor family activities in your community
<http://www.iowadnr.gov/>



Provider Information:



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Nutrition & Physical Activity Tips for a Healthy Family



Having a healthy child is a family affair.

Health professionals around the United States recommend these six tips for a healthier, happier family.

1. Eat breakfast daily

Creative breakfast ideas:

- dry cereal mixed with pretzel sticks, raisins or nuts in a baggie
- instant oatmeal sprinkled with cinnamon
- cheese cubes with fresh grapes
- banana and peanut butter wrapped in a tortilla
- 100% whole wheat toast or mini bagel with low-fat milk
- yogurt topped with granola and sliced fruit for a yogurt parfait

2. Limit eating at restaurants, particularly fast-food restaurants to one time per week. If you do go out to eat:

- Order smaller portions or share your meal to save on cost and calories.



- Order water with lemon or low-fat milk instead of soda, sweetened tea or lemonade.
- Skip the “all you can eat” chips or breadsticks served before your meal.
- Look for heart healthy indicators beside entrees on the menus.

3. Encourage family meals at home

- Aim for eating breakfast, lunch or dinner together 5 to 6 times per week.
- Involve your children in planning meals and preparing food.
- Tune into your family and turn off the TV, cell phone and other electronic devices.



Cook together.

Eat together.

Talk together.

Make each meal time family time

4. Limit portion sizes

- Let your child serve themselves; you decide what, when, and where they eat, let them decide how much.
- Listen to your body. Stop eating when you are no longer hungry. Don't eat until you're full.
- Let kids learn by serving themselves. Teach them to take small amounts first. Tell them they can have more if they're still hungry.

5. Eat a variety of fruits, vegetables, whole grains, and low-fat dairy products

- When your kids come home from school hungry, have fruits and vegetables ready for them to eat.
- Let your kids be “produce pickers.” Help them pick fruits and vegetables at the grocery store or farmer's market.
- Patience works better than pressure. Offer your child healthy new foods. It may take 10-15 tries before they will eat that food. That's normal.
- Help your kids grow strong. Serve fat free or low-fat milk at meals.

6. Be physically active with your children.

- Swap TV time for activity time.
- Go on family walks after dinner.
- Play “tag” with your kids.
- Turn TV commercials into fitness breaks. Use this time to do as many jumping jacks, sit-ups, push-ups, or squats as you can.
- Turn on the radio and have a dance party.



Eat and Play
the **5-2-1** way